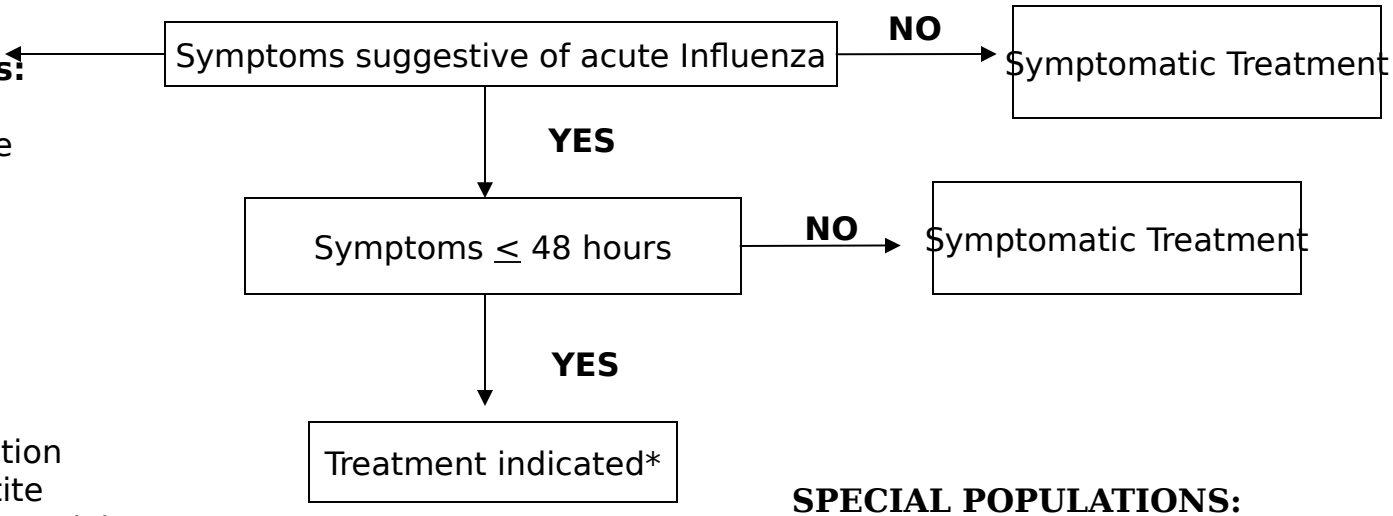
PEDIATRIC INFLUENZA PRACTICE GUIDELINE 2005/06



Required symptoms:

1. Fever ≥ 101°F
2. Two or more of the following:
   a. Myalgia
   b. Cough
   c. Headache
   d. Sore throat
3. May have other symptoms:
   a. Nasal congestion
   b. Loss of appetite
4. NO evidence of bacterial infection

SPECIAL POPULATIONS:

1. History of Seizures: Avoid amantadine

***Treatment:**

Influenza A:

** **DRUG OF CHOICE** ** Amantadine: (100mg caps or 50mg/5ml syrup)

Age ≥ 1-9: 5mg/kg/day up to 150mg in 2 divided doses for 3 to 5 days (based on symptoms)

Age ≥ 10: 100mg twice daily (< 40kg give 5mg/kg/day) for 3 to 5 days (based on symptoms)

Influenza B, unknown influenza serotype, or severe symptoms:

Contact Inpatient Pharmacy for Availability 524-4400

1. Oseltamivir (Tamiflu®) 75mg capsules or 12mg/ml suspension. Dosing based on weight::
   ≤ 15kg: 30mg twice daily for 5 days
   16-23 kg: 45mg twice daily for 5 days
   24-40 kg: 60mg twice daily for 5 days
   Children > 40 kg : 75mg twice daily for 5 days
2. Zanamavir (Relenza®)*
   Age ≥ 7: Two 5mg inhalations twice daily for 5 days
   ***DO NOT USE in ASTHMA, or CHRONIC PULMONARY DISEASE**